



Spotlight on: Stress

We can all feel stressed sometimes and in some situations it can even be helpful. However, when that stress starts to effect daily life, it's worth trying to find ways to cope with it.

Stress is usually a reaction to mental or emotional pressure and our stress response is also known as the fight or flight response which is natural. When you're feeling anxious or scared, your body releases stress hormones such as adrenaline and cortisol. In certain times, these can be quite helpful to get things done and motivate us but when we are feeling like this over daily tasks it can become a problem.

Stress can present itself in a variety of ways, especially when we are experiencing highly stressed. Take a look through the signs and symptoms below and tick off those that you can relate to when feeling stressed:

Sleeping too much/ too little <input type="checkbox"/>	Tiredness <input type="checkbox"/>	Dizziness <input type="checkbox"/>	Nausea <input type="checkbox"/>
Headaches <input type="checkbox"/>	Anxiety <input type="checkbox"/>	Mood swings <input type="checkbox"/>	Poor concentration <input type="checkbox"/>
Feeling unable to cope <input type="checkbox"/>	Neglecting appearance <input type="checkbox"/>	Eating too much <input type="checkbox"/>	Lack of appetite <input type="checkbox"/>
Drinking more alcohol <input type="checkbox"/>	Increased smoking <input type="checkbox"/>	Irritable <input type="checkbox"/>	Less sociable <input type="checkbox"/>
Loss of interest <input type="checkbox"/>	Poor performance <input type="checkbox"/>		

Top Tips on how to cope:



• Talk to someone, a friend/ relative or anonymously via The Samaritans (116 123)



• Try to establish stressors e.g. work, money, relationships (see Stress Container Activity)



• Try to establish healthy coping strategies for these stressors e.g. exercise, talking, reading (see Coping Strategies document)



• Try different methods to relax e.g. meditation, mindfulness



• Make an appointment with your GP or self-refer to local mental health service e.g. NHS Wolverhampton Healthy Minds.

